

Attention Parents!



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## K-8 AFTER SCHOOL ENRICHMENT

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Enrichment activities last one hour, unless otherwise noted. To enroll your child, please complete and return the attached sign-up sheet along with your payment. Feel free to return the sign-up sheet by mail, in person, or with your child. **The sign-up deadline is Wednesday, January 9, 2019. NOTE: Proper behavior is required for students to remain in the activities.**

### ENRICHMENT ACTIVITIES

#### MONDAYS – THURSDAYS

##### Homework Hour (January 14 through May 16)

Homework Hour is available Monday through Thursday. The time will be monitored by our instructors. Students will have the opportunity to finish homework. Although Homework Hour is not a tutoring session, it is an academic period with instructors available for assistance. Students who finish homework early will be directed to read until the end of the period.

#### MONDAYS

##### Social Skills (January 28 through May 13)

Licensed occupational therapist, Barbi Ward, will help students cultivate skills such as developing and maintaining friendships, making appropriate conversation and eye contact, understanding emotions and facial expressions, and avoiding bullying/teasing. Each session is individualized to meet the specific needs of the group. (Minimum 5) (Maximum 8)

##### Art Club (January 28 through May 13)

Ms. Laura Ammendola will help students develop their individual artistic talents and styles in this mixed media class. Students will use watercolor and acrylic paints, as well as crayons, markers, colored pencils and pastels and learn to draw using shapes. Various painting techniques will be used such as, dry and wet brushing, resist, creating gradients, and splattering. Students are required to bring a large shirt to use as a smock. (Minimum 3) (Maximum 5)

##### Mindfulness Class (January 28 through May 13)

In this session Ms. McClannahan will help students explore the meaning and usefulness of Mindfulness, which can be briefly defined as staying in the present moment while calmly acknowledging our thoughts, feelings, and bodily sensations. It is often said: “Mindfulness is about observation without criticism; being compassionate with yourself.” It can be a great tool in managing stress and anxiety. (Minimum 3)

#### TUESDAYS

##### Bowling (January 22 through May 14)

Each week students will participate with their peers in two games of recreational bowling at Brunswick Zone. Participants will be transported to the facility by Eaton staff, who will remain on-site to facilitate appropriate behavior and safety. Pick-up is at 3:15 pm at Brunswick Zone. Parents need to park, come inside, and initial the sign-out sheet. (Minimum 3)

##### Sports Spectacular (January 22 through May 14)

An instructor from *Overtime Athletics* will utilize our Sport Court to help students get moving with warm-ups and games like Bump-n-Bite, Knights-n-Dragons, and Safe Base. Then each week the group will play a different sport or game such as basketball, soccer, and dodgeball. Sportsmanship, teamwork, fitness, and fun will be the focus. (Minimum 6)

#### WEDNESDAYS

##### Yoga (January 23 through May 15)

Susan McVicar is a registered yoga teacher and the owner of *New Path Yoga*. Ms. McVicar specializes in guiding children to funnel negativity, worries, fears and anxiety into courage, compassion, strength, flexibility, focus, and calmness through the fun of yoga, books, games, and art. (Minimum 5) (Maximum 6)

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## ENRICHMENT ACTIVITIES

### Code Club (January 23 through May 15)

Computer coding is both interesting and fun. This club is appropriate for students of all ability levels. They will learn how to code using the website [www.code.org](http://www.code.org). Coding promotes logical and analytic thinking and prepares students for today's world and tomorrow's future. (Minimum 3) (Maximum 5)

### THURSDAYS

#### Young Chefs Academy (January 24 through May 16)

An Eaton staff member will transport students to *Young Chefs Academy* in Sandy Springs, where Chef Kia Coachman will teach many elements of cooking. Students will measure, mix, and cook, while gaining insights into different cultures and cuisines. Recipes will be sent home so that students can practice! A supply fee is included in the price of the club.

**Parents will pick students up at Young Chefs Academy at 3:30 pm.** (Minimum 5)

#### Walk/Jog/Run Club (January 24 through May 9)

Students will be able to build their cardiovascular health and overall endurance while getting in some steps and/or miles. This club is for all levels and abilities. Ms. Armstrong will facilitate this activity on the sport court and while visiting some area parks. Step-counters and/or mileage counters would be beneficial, but are not required. (Minimum 3)

### FRIDAYS

#### Pokémon Go Club (January 25 through May 17)

Mr. Branson will use the free-to-play *Pokémon GO* app to enable students to indulge their fascination with the game. *Pokémon GO* encourages exercise, requiring users to walk to different places to catch Pokémon and gain points. The app keeps a record of the distance walked. The emphasis is on fun, exercise, and safety. This club will be a great opportunity for students to progress socially and creatively around a common interest. (Minimum 3) (Maximum 5)

### TO BE ASSIGNED --- Guitar Lessons

Music instructor Jake Cohan offers private guitar lessons for students of all levels. **Mr. Cohan's lessons are 40 minutes long and can be scheduled according to the student's availability.** Parents should indicate their interest on the enrichment form or contact Ms. Armstrong directly to work out the day and time for the lessons. Lessons are allotted on a first come, first served basis. Mr. Cohan will offer information about procuring instruments, books, *et cetera* for students when necessary.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>First Hour</u></b> 2:00 – 3:00 PM (unless noted otherwise)	Homework Hour OR Social Skills Club OR Art Club	Homework Hour OR Bowling Club* 2:00 – 3:15 PM	Homework Hour OR Yoga Club	Homework Hour OR Young Chefs Academy* 2:00 – 3:30 PM	Pokémon GO Club
<b><u>Second Hour</u></b> 3:00 – 4:00 PM (unless noted otherwise)	Mindfulness	Sports Spectacular	Code Club	Walk/Jog/Run Club	

**✚ Private Guitar Lessons will be scheduled on an individual basis.**

\* Participants will go to an off-campus facility appropriate to the activity.

## Enrichment Activities Registration Form

Student: \_\_\_\_\_

**Homework Hour (2:00 - 3:00 PM) (12/14 - 5/16) (Check the Days and Add Across to Total)**

Mondays \$130 \_\_\_ + Tuesdays \$160 \_\_\_ + Wednesdays \$160 \_\_\_ + Thursdays \$160 \_\_\_ = \_\_\_\_\_

**First Hour Activities (Select Activity, Transfer Cost to Total Column, and Compute)**

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Cost</u>		
Social Skills Club (13)	_____					\$210	☞	_____
Art Club (13) <i>Supply fee included</i>	_____					\$220	☞	_____
Bowling Club (16)		_____				\$210	☞	_____
Yoga Club (16)			_____			\$230	☞	_____
Young Chefs (16) <i>Supply fee included</i>				_____		\$260	☞	_____
Pokémon GO Club (12)					_____	\$150	☞	_____

**Second Hour Activities**

Mindfulness (13)	_____					\$180	☞	_____
Sports Spectacular (16)		_____				\$200	☞	_____
Code Club (16)			_____			\$200	☞	_____
Walk/Jog/Run (16)				_____		\$180	☞	_____

*(Make Checks Payable to Eaton Academy)*

**Total: \$ \_\_\_\_\_**

**Interested in Guitar Lessons? If yes, check here. \_\_\_\_\_**

I acknowledge that I have enrolled \_\_\_\_\_ in Eaton Academy's Enrichment Activities. My signature below indicates my understanding, acknowledgement, and agreement that the student-athlete plays and practices at his/ her own risk. I understand, acknowledge, and agree that Eaton Academy, its agents, and its representatives cannot be held responsible or liable for injury should it occur on the way to, during, or on the way from an activity. Further, I understand that unless otherwise specified, the Enrichment Activities are conducted by third parties not affiliated with Eaton Academy and will not be supervised by Eaton staff. Eaton Academy is not responsible for the content or results of said activities, nor is Eaton responsible for any injuries that may result from said activities, whether they be the result of accidents or intentional acts of participants or instructors. In addition, I understand, acknowledge, and agree that Eaton Academy does not carry student-athlete insurance.

Further, I understand, acknowledge, and agree that I have given my permission for my child to walk to, or from, specific activities with Eaton staff and/or to be transported according to the stipulations of the Annual Field Trip Hold Harmless form.

Lastly, I understand, acknowledge, and agree that although these activities are not official Eaton Academy courses, my child will be held to the rules and regulations of the Eaton Academy Parent/Student Handbook during participation. I will pick up my child promptly at the conclusion of each activity.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date